

# Partner Throws

<b>Age:</b>	7-9 Year olds
<b>Participants:</b>	2-20
<b>Time:</b>	10 Minutes
<b>Equipment:</b>	Cones, bucket of tennis balls or other small balls, volleyball net (optional)

## Skill(s):



Throwing

## Set Up:

Set up a line of cones side-by-side about 1 metre apart. Set up another line of cones facing the others about 5 meters away. Use volleyball net as a divider between the two lines (if available).

## Description:

Before starting demonstrate how to throw and catch.

Children stand opposite their partner. One partner throws a tennis ball or other ball over the net to the other. Catchers may move their cone back 1 foot if they catch the ball without a drop.



Ask children questions:

What makes the ball go higher?

What makes the ball go further?

### **Variations:**

- Use a variety of balls
- Throw with crow-hop
- One partner rolls the ball, other partner fields and throws back

### **Teaching Points:**

Throwing

- Ready: stand side-on to target like a surfer
- Aim: make a muscle man (throwing arm bent up above shoulder), point non-throwing arm at target
- Fire: step forward with opposite foot and throw

